

Swami Sivananda defines Nadies as "Astral tubes that carry Prana currents. They cannot be seen by the naked eye. They are not the ordinary nerves, arteries and veins." There are 72,000 Nadies. Ida, Pingala, Sushumna are the three nadies lying along the spinal column, Sushumna or the Brahma Nadi running in the middle, Ida and pingala lying on either side of it. The respiration currents drawn in through the nose pass along these nadies, Ida, Pingala and Sushumna according as they are drawn through the left or right or both the nostrils.

How to find out which Nadi is playing :

THERE ARE TWO METHODS

(1) *The method of Alternate Closure* : Alternately close the right and the left nostril with the right hand thumb and the middle finger. You can easily find out through which nostril you are freely breathing without effort.

(2) *Feeling on the back of the palm* : Feel the breath on the back of your palm. The surface is very sensitive. Slight tilting of the head this and that side will facilitate detection. By practice you can easily tell through which nostril you are breathing for the mere wishing without resorting to the above two methods.

The Laws of Ida and pingala :

These Nadies do not play arbitrarily without any rule or rhyme. Just as the Ocean has its ebb and tide so also these nadies have their ebb and tide. The Seas dance in delight in the full moon. Inscrutable are the ways of God! The Nadies have their time table and work like a clock according to the following laws.

(1) Beginning from Sunrise. Ida and Pingala change and alternate for every two and half gadias or one hour.

(2) Ida or Chandra Nadi goes on for the first three days in the month from sunrise, Suddha Padyami, Vidiya and Thathiya. During these three days you begin your day with Ida alternating with Pingala every hour.

(3) On the fourth, fifth, and the sixth day, Suddha Chaviti, Panchimi and Sashti, you will begin your day with Pingala and alternate with Ida every hour.

(4) Thus Ida and Pingala mark the sunrise alternately for every three days in the first fortnight (Sukla Paksha).

(5) During the second half of the month, Pingala marks the sunrise for the first three days (Bahula Padyami, Vidiya, Thathiya) and alternate with Ida for every hour. Thus Pingala and Ida mark the sunrise for every three days alternately.

A chart is furnished herewith for reference by which you can at once find out which nadi should play during a particular hour of the day during any day of the month.

How to Read the Chart :

You have to just find out the date. (Thidhi) and the time of the sunrise. You can know the exact time of sunrise for any day in The Hindu or any good Calender. In the Chart hours are counted from sunrise to sunrise.

I shall just work out two examples. Given the time of sunrise = 7 A. M. ; Date = Suddha Panchami ; Find out the Nadies at (1) 11 A. M. and (2) 8 P. M.

At 11 A. M. : Deducting the time of sunrise from 11 A. M. you get $11 - 7 = 4$. Look into the fifth horizontal representing tidhi or date and the fourth perpendicular column representing the hour. You get Ida.

Counting 8 P. M. in terms of Railway time from the Zero hour to zero hour you get 20 hours. Deducting the time of sunrise $20 - 7 = 13$. Look into the thirteenth